

**Richmond Village, Letcombe Regis**  
**ACTIVITIES PROGRAMME**  
**Week beginning 30th March**



**Monday 30<sup>th</sup> March**

Physiotherapy and chiropody appointments all day in the Spa.

Please book with the Spa for chiropody and book with Dawn on 01235 821800 for physiotherapy.

- 10:00-12:00 Shopping trip to Wantage  
10:00 Aqua Fit in the pool  
**10:30-11:30 Computer group session with John Walker in the Conservatory. All welcome! - Cancelled**  
10:30-12:30 Shopping trip to Wantage  
11:00-11:30 Tai Chi seated in the studio – level 1  
11:30-12:15 Bible Group – In the Library  
11:45 Tai Chi standing in the studio – level 2  
14:00 Afternoon walk – level 2 – speak to Frank  
**14:00-16:00 Chess for all in the Conservatory - cancelled**  
14:30-16:30 Computer sessions for individuals and beginners – please book with Andy on 4579  
16:45 Richard's Records

**Tuesday 31<sup>st</sup> March**

- 10:30-12:30 Glass painting – In the Art and Craft Room - cancelled**  
10:30 Scrabble Club in the Library

- 11:00 Aqua Steady in the pool – level 1 - Cancelled**  
**11:00 Memory Games in the Conservatory with Andy**  
**13:30 Hydro-therapy in the pool – please book with Dawn at Progressive Physiotherapy – 01235 821800**  
**14:30 Pilates class in the studio – level 2**  
**14:30 Seated Exercise class in Sycamore – level 1**  
**14:30 Easter Country Market – Outside the restaurant**  
**15:00 Assisted Swim in the pool**  
**15:00 Afternoon tea in the Conservatory**  
**15:30-17:30 Table tennis in the Dance Studio – level 2**  
**16:00-17:00 Hand bells with Jenny in the Art and Craft room**  
**18:30 Aqua Bootcamp in the pool – level 3**

### Wednesday 1<sup>st</sup> April

**Hairdressing all day – please book with the spa.**

- 10:00 Men's Boot Camp in the studio or gym**  
**10:30-14:00 Oxford shopping**  
**11:00-12:00 Sports group with Andy in the Conservatory**  
**14:00-16:00 Art Club in the Art and Craft Room**  
**14:30 Posture perfect – studio with Abigail**  
**14:30-15:30 Knit and natter with Sue in the bowling green alcove**  
**15:00 Beginner Tap Dancing with Lucy– level 2**  
**15:30-16:30 Singing group in the Conservatory**  
**15:30-17:30 Table tennis in the Dance Studio – level 2**  
**17:30 Gentle Aerobics with Abigail – Level 2/3**  
**18:00-19:00 Shape shifters in the Studio**

### Thursday 2<sup>nd</sup> April

- 10:00 Brain Games in Art and Craft Room**  
**10:00 Assisted Swim in the pool**  
**10:00 Shall we Dance in the studio – level 2 - cancelled**

- 10:30 BB of London fashions – Outside the restaurant
- 10:30 Coffee in the Conservatory
- 10:30 **Yoga – Level 3 – this is a mat class, so you need to be able to get down and up from the floor - cancelled**
- 11:30-12:00 Staying steady in the studio – level 1
- 13:30-17:00 Newbury Shopping
- 14:00-16:00 Art Club in the Art and Craft Room
- 14:30 Aqua Aerobics in the pool – level 2
- 16:00 Bridge Club in the Conservatory
- 17:15 Mobile Library
- 18:00 Aqua Intense in the Pool – Level 3

### Friday 3<sup>rd</sup> April

Hairdressing appointments all morning - book with the spa.

Spa Open from 9am – 4pm

- 10:00-12:00 Shopping trip to Wantage
- 10:30-12:30 Shopping trip to Wantage
- 10:30 Tai Chi Standing in the studio – level 2
- 10:30 Current Affairs Coffee Club in the Conservatory with Andy
- 11:30-12:00 Tai Chi Seated in the studio – level 1
- 11:30 Physio in pool – please book
- 14:30 **Seated exercise class in Sycamore – level 1 - Cancelled**
- 15:00 Ladies Posture Perfect in the studio – level
- 15:30-16:00 Table tennis in the Dance Studio – level 2

### Saturday 4<sup>th</sup> April

Morning chiropractor appointments in the Spa – please book with Dan at Espina Chiropody – 01235 410708

Table Tennis all day in the Spa

- 09:30 Beginners Table Tennis in the Dance Studio
- 15:00-17:00 Film Club in the Conservatory – Quartet

**Sunday 5<sup>th</sup> April**

**Table Tennis all day in the Spa**

- 10:00** Holy Communion A – St Andrew's, Letcombe Regis
- 14:00-15:00** Grandchildren's swim in the pool – booking essential and only for children under 12 years of age

**Welcome**

**I would like to extend a very warm welcome to the new residents of Millstream Mews, Richmond Letcombe!**

**Keith & Doreen Waller – 75 MM**

**Alison Crowther – 76 MM**

**David & Jean Evans – 77 MM**

**Jean Squires – 78 MM**

**Sheila Vincent & Marion Griggs – 79 MM**

**Noel & Shirley Taylor – 80 MM**

**Please join our coffee morning and afternoon teas in the Conservatory to get to know a few of us. You can also call me on (77)4579 whenever you have any questions or suggestions regarding activities or events in Richmond, Letcombe.**

**I have a summer tea party planned especially for the newer members of our community and look forward to sending invitations out to you.**

**It's lovely to have you here!**